



PORTLAND SENIOR CENTER NEWS

MAY, 2010

Spring is in full swing and we have a lot coming up that you'll want to keep in mind. First of all, the town budget vote is on May 10. Be sure to get out and vote. In tough economic times, it's important to make sure your tax dollars are going where you want them to go. May is Older Americans Month, an important time to reflect on how American elders contribute to our society and to appreciate the wit and humor and wisdom they bring to our lives. Also on May 28 we will honor the volunteers who help us do all we do around here all year long. Volunteers truly make the world go round. Thanks to all of you.

-Mary

Important Information

Phone (860) 342-6760

Fax (860) 342-6762

Hours Monday – Friday

9:00am – 4:00pm

Community Café Monday – Friday 12:00 noon (Reserve in advance)

Food Bank Monday and Thursday 9:00a.m-12:00noon (860) 342-6795

Transportation: Red Cross Dial a Ride (860) 347-3313 24 hour notice

Senior Van (860) 342-6760 (advance notice)

ITN (860) 346-RIDE (7433)

7 Waverly Avenue, Portland

Email: mflood@portlandct.org

crevicki@portlandct.org

Meals on Wheels (860)347-4465

CAMP WAVERLY RETURNS

Camp Waverly, summer camp for seniors, will return from June 28 through July 1. Plans are still underway, but there will be special activities every day and you are welcome to partake of one or all of them. The last day of camp will be celebrated with a barbeque lunch. Mark your calendars!



Dancing, painting and cooking at Camp Waverly last year.

MAY SPECIAL EVENTS

May 7	Shopping trip to Xpect and Stop and Shop
May 7	Trip to Foxwoods
May 10	Budget Vote
May 12	Monthly Birthday Party
May 13	ARTVan trip to Aldrich Museum of Contemporary Art
May 14	Shopping trip to Tri-Town
May 17	Men's Breakfast
May 21	Shopping trip to Aldi and Price-Rite
May 25	Dining Out
May 28	Volunteer Luncheon

WELLNESS PROGRAMS

May 5	Blood Pressure Checks	10:00 – 11:30am
May 19	Blood Pressure Checks	10:00 – 11:30am

A Beltone Representative will come to the center by appointment for free hearing screenings and onsite repair of most make/model hearing aids. Call the center for more information.

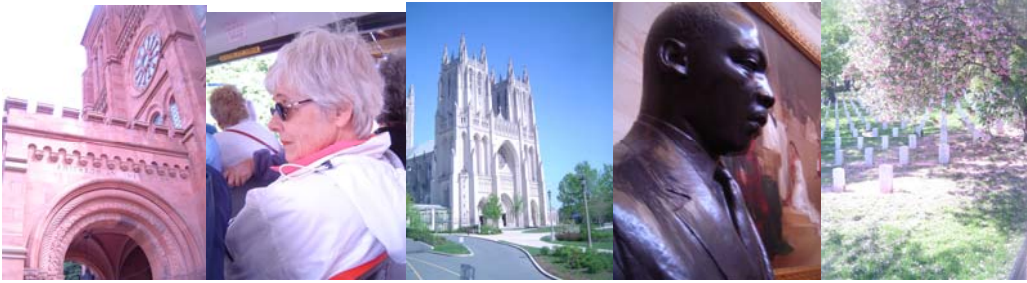
UPCOMING EVENTS

June 4	Waverly Gallery Opening
June 9	Monthly Birthday Party
June 10	ARTVan
June 21	Men's Breakfast
June 22	Dining Out
June 28-July 1	Camp Waverly



WASHINGTON TRIP

Forty-seven Portland Seniors, family and friends enjoyed four beautiful spring days in Washington DC in April. We visited the Capitol, Vietnam and World War II Memorials, the Smithsonian, Union Station, the Kennedy Center and other sites. A good time was had by all. Join us on our next excursion!



ANGEL FOOD MINISTRIES



An Angel Food menu for May is attached to this newsletter. Orders must be placed by May 11th at noon with pick up on May 22nd. (dates tentative; call to verify)
See Mary or Ruth at the center to place an order.
Payment must be made in cash.

CAN YOU HELP?

As always, if you can help the Portland Food Bank, they will appreciate your donations. Needed items are listed below.

1 lb. boxes of sugar

Mayonnaise

Canned juice

Beef stew

Paper Goods: Napkins, Paper Towels, Toilet Paper

Personal Care Items: Toothpaste, shampoo, Cream Rinse, Soap, Shaving Cream, Razors, Deodorants

Ketchup

Mustard

Canned ham



SPOTLIGHT ON WII BOWLING

Portland Seniors are great fans of the Wii bowling. We have participated in state wide tournament play for the past two years. Wednesdays at 11:00 you can come in and play with others. Thanks to the generosity of Jan and Ron Catrone, we now have a second Wii system so twice as many people can play. If Wednesday at 11:00 doesn't work, you can make arrangements to come play at other times. Give it a try!

Portland has lost another wonderful senior. Anita Cooley, one of our Meals on Wheels volunteers, passed away on Sunday April 25. Please keep Anita and her family in your prayers.

RENTER REBATE TIME

The state's Renter Rebate program is about to get underway again. The application period runs from May 15 to September 15. Renters 65 and over or those younger who are totally disabled are eligible for a rebate on their rent and utilities for 2009. If you wish to apply, please call the Senior Center at (860) 342-6760 AFTER May 13 to set up an appointment. You will need to provide a statement or rent receipts showing rent paid for 2009, utilities paid for 2009, proof of income (preferably a tax return) and your most recent bank statement. **PLEASE DO NOT MAKE AN APPOINTMENT UNTIL YOU HAVE ALL THE NECESSARY DOCUMENTATION.** If you are under 65 and disabled, you must provide proof of your disability from social security.



FAMILY GAME NIGHT

The Portland Senior Center will host another Family Game Night on Friday May 21 at Chatham Court. Please join us. The last two sessions have been a lot of fun and attendance has increased each time. If you're interested call the center and let us know. It's a fun night out and an easy way to give back to the community.

HAPPY MOTHER'S DAY. IF YOUR MOTHER IS STILL WITH YOU, SHOW YOUR APPRECIATION. IF SHE'S GONE, TAKE A MOMENT TO THANK HER FOR ALL SHE DID WHILE SHE WAS HERE. IF YOU ARE A MOTHER, I HOPE YOUR CHILDREN ARE GRATEFUL FOR ALL YOU DO FOR THEM.

